



# Transitioning to Ward D2

## Patient copy

This booklet will help prepare you for the move from the intensive care unit to the ward



## **Other formats:**

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<https://www.cuh.nhs.uk/our-services/introduction-to-patient-information/>



## **Document history:**

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Contact number 01223 217250

Publish/Review date July 2022 / July 2025

File Name Transitioning to Ward D2 (Patient Copy)

Version Number/Reference 1/Document ID 102358

# 1 You are ready to leave the intensive care unit

We are happy that you are feeling better and look forward to you moving to Ward D2 very soon.

If you are feeling nervous, that is normal. Just remember that you are moving because you have improved and this is a positive step in getting better.

Before you come to us, have a read through this booklet to see what the ward will be like before you arrive.

Ward D2 is a children's ward with 22 beds. We look after children and young persons with lots of different illnesses. When you arrive on the ward you will be allocated a nurse but this may change every day.



## 2 What will happen when I arrive on the ward?

You will be moved on your bed and taken to your new ward where you will be able to get comfy and put some of your things in the cupboard to keep them tidy.

You will be looked after by a nurse who will make sure that you have everything you need. They will come and say hi when you arrive and may need to ask your parents some questions.

There is a colouring in sheet that you may want to complete before coming down to the ward to help us get to know you better.

The nurse will take your temperature, heart rate, breathing rate and oxygen levels. The nurse will also help if you are uncomfortable or in pain, so please tell them how you are feeling so that they can help you.

We will show you how to use your bedside call buzzer should you need any help. We can also show you where to find the toilets, playroom and garden if you are well enough or we will show your parents around first until you are able to get out of bed.

We will let the doctors know that you have arrived and they will come and make sure that you are feeling okay. The doctors will come back and see you every day until you are well enough to go home. They will tell you what is going to happen next and you can ask them any questions that you may have.



### 3 What is there to do?

The play team will come and see you every morning to see if there is anything that you would like to do. You may have seen them with their purple tops on PICU.

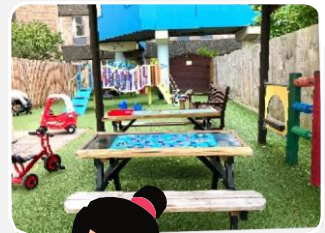
There is a play room on the ward for you to spend some time in if you want to you can have things brought to your bedspace. There are boardgames, card games, puzzles, colouring and painting.

We have sensory lights and music that can be set up around your bedspace.

Throughout the week there may be different activities available for example music therapy and crafts.

There is an outside play area that you can visit with toys and a slide. There are also sheltered benches where you can sit and play or eat your meals.

There is a TV by your bed which is free to use but turns off at 7.00pm. The TV also has radio stations so you could sit and listen to some music whilst you are in bed. The play team are also able to offer films and video consoles at your bedspace.



## 4 Who is who?

On the ward there are lots of different people who may come and visit your bed space. Here are a few of the uniforms that you may expect to see:



**Ward Manager**



**Junior Sister**



**Staff Nurse**



**Student Nurse**

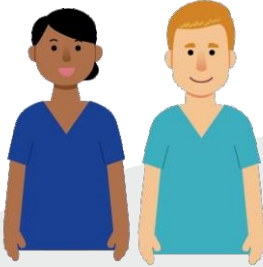


**Health Care Assistant**



**Play Team**

## 4 Who is who?



**Doctors**



**Specialist Nurse**



**Ward Assistants**



**Housekeeper**



**Porter**



**Dietitian**



**Physiotherapist**



**Occupational  
Therapist**

Other health professionals that you may encounter during your stay on the ward include: speech and language therapists, pharmacists, music therapists.

## 5 Can I have visitors?

One parent will be able to stay with you whilst you are in hospital. There is a spare bed for them to sleep on next to where you are staying.



If your mum, dad or any other visitor is poorly, they will be asked to go home until they are feeling better and someone else can come and stay with you.



## 6 What is there to eat & drink?



- **Breakfast 07:30 onwards**
- **Lunch 12:00 - 12:30**
- **Dinner 17:00 - 17:30**

Breakfast includes cereals, toast, yoghurts and fruit. You can use your call buzzer when you wake up or someone will come and ask you what you would like to eat.

For lunch and dinner, you can choose between sandwiches or a different hot food option each day. You can also choose a pudding if you still have room.

If you miss a meal, do not worry. You can ask your nurse for one when you are ready.

If you have a special diet, for example you are vegetarian, then let the nurses know so they can make sure a meal is prepared for you.

There is a water fountain and cups that you can help yourself to throughout the day. If you want squash then you will have to ask your nurse to get some from the kitchen.

You can also have food and drink brought in from home, that your parents can store in the parent's room fridge or in your bedspace cabinet.



## 7 Who can I talk to if I am struggling?

It is okay to not feel okay and there are plenty of people around for you to talk to including your parents, nurses or counsellors.

Being in hospital can be overwhelming and some people feel:

- **upset, distressed or confused**
- **have problems working through feelings and emotions**
- **have difficulty relating with others**
- **have feelings of not being in control of what's happening**
- **lose their confidence**
- **are unable to make sense of what is going on**
- **have nightmares and/or difficulty sleeping**

Talking can often help you to understand what has happened to you. It may help you to feel less confused and more confident about what you have gone through by exploring how are currently feeling.

We know that the adjustment to a new ward and routine can be daunting and want to ensure that you have all the support you need.





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